



MUSCLE BUILDING SUPPLEMENT GUIDE

The supplement guide below outlines some of the supplements that help you build muscle mass, improve strength and increase exercise performance. Most of these supplements can be added to your smoothie or found in protein shakes and bars.

Beta-ecdysterone: Enhances lean body mass

Branched-Chain Amino Acids: Improve exercise performance & reduce muscle breakdown

Caffeine: Boost of energy and increase mental alertness

Casein Protein Powder: Helps build muscle mass and speeds up muscle recovery time

Creatine: Improve athletic performance in high intensity events of short duration, improve muscle strength and improve performance during resistance training

Glycine Propionyl L-Carnitine: Stimulates muscle growth and increases exercise performance

Tribulus Terrestris: Increases strength and lean muscle mass

Whey Protein: Repairs body cells, builds and repairs muscles and assists in the production of energy

ZMA: Increases your muscle strength

DON'T FORGET TO STRETCH!